VISIT…

LANZAROTE
Caliente.COM

PEI MEI'S
CHINESE COOKING CARDS
培梅菜卡

Economical, Convenient to Use, Easy to Lean
經濟、 方便， 易學， 實用

BEEF

24 Famous
Chinese dishes
for banquets
or everyday
family use.

24道名菜
家常宴客
道道適宜

牛肉類

BEEF 1

Beef with Oyster Sauce

Beef with Oyster Sauce

蠔油牛肉

Ingredients:

1 lb.	*Lean beef (flank steak)*	
15 pcs.	*Green onions (1" long)*	
15 slices	*Ginger (quarter large)*	
½ t.	*Baking soda (to marinate beef)*	
1 t.	*Sugar*	”
1 T.	*Cornstarch*	”
1 T.	*Soysauce*	”
3 T.	*Water*	”
2 T.	*Oil*	

2 T.	*Oyster sauce (Seasoning sauce)*	
1 T.	*Water*	”
1 t.	*Sugar*	”
½ t.	*Cornstarch*	”
½ t.	*Sesame oil*	”
4 C.	*Oil (for deepfry)*	
½ lb.	*Green Vegetable*	
½ T.	*Wine (for vegetable)*	
½ t.	*Salt*	”
1 t.	*Sugar*	”

Procedure:

1. Slice the beef very thin into 1½" squares, put in a bowl and marinate for ½ hour at least (longer is better). Then add in 2 T. cooking oil and mix well.
2. Boil the green vegetable in boiling water about ½ minute. Remove from pan and stir fry with 2 T. oil season with wine, salt and sugar, lay on plate.
3. Heat 4 C. of oil in fry pan (about 300°F) add beef and deep fry until it turns light (done) about 10 seconds. Remove beef and drain off oil from pan.
4. Use another 2 T. oil to fry green onions and ginger, add beef, stir quickly over high heat, add the seasoning sauce, stir until thickened and heated through. Pour over green vegetables and serve.

Braised Beef with Brown Sauce

Braised Beef with Brown Sauce

紅 燒 牛 肉

Ingredients:

1½ lbs.	*Beef (Brisquet or hind shank)*
3 Pcs.	*Green onions (4” long)*
5 slices	*Ginger*
3	*Star anise*
5 Pcs.	*Garlic*
2/3 C.	*Soysauce*
2 T.	*Wine or cooking shrry*
2 T.	*Sugar*
4 T.	*Oil*

Procedure:

1. Cut the beef into 1’’ wide, 1½” long, ½” thick pieces. Add 8 cups boiling water to cook 3 minutes. Remove the beef. Add sugar to the pan and let stand. (This causes the soup to clear: the impurities will sink and should be discarded.)
2. Heat oil in frying pan, fry the green onion, ginger, add soysauce, wine, star anise and beef. Stir fry a few minutes. Add the soup stock from No. 1. Bring to a boil, reduce the heat, cover, and stew about 1-2 hours.
3. When the beef is very soft and juice is reduced to ½ cup and is rather thick, remove to plate with juice and serve.

* Hot bean paste or chilli sauce may be added to this dish.

BEEF 3

Quick Fried Beef with Scallion

Quick Fried Beef with Scallions

蔥 爆 牛 肉

Ingredients:

½ lb.	*Sliced beef*	*3 T.*	*Sliced garlic*
2 C.	*Shredded scallion (or green onion)*	*5 T.*	*Oil*
½ t.	*Salt (to marinate beef)*	*2 T.*	*Soysauce*
½ T.	*Wine or cooking shrry*	*1 t.*	*Seasame oil*
1 T.	*Oil* ”		
¼ t.	*Black pepper* ”		
1 T.	*Cold water* ”		
1 T.	*Cornstarch* ”		

Procedure:

1. Prepare the beef marinade in a bowl. Then add the sliced beef (the beef slices must be paper thin). Mix thoroughly with fingers. Set aside and soak at least 10 minutes.
2. Put oil in a pan. Turn the pan around so that the oil covers an area about 1 foot diameter on the pan's surface.
3. When the oil is smoking hot, put the sliced garlic in. Then add the sliced beef. Stir over high heat about 10 seconds, then add scallion. Stir only 5 seconds over high heat. Pour in soysauce, and sesame oil from the side of panr. Combine quickly, trun off the heat and transfer to serving plate immediately.

BEEF 4

Sliced Beef with Scrambled Eggs

Sliced Beef with Scrambled Eggs

滑 蛋 牛 肉

Ingredients:

4 oz.	*Beef tenderloin (or flank steak)*	*5*	*Eggs*
½ t.	*Sugar (to marinate beef)*	*½ t.*	*Salt*
½ T.	*Wine or cooking shrry*	*1½ C.*	*Oil (for deepfry)*
1/8 t.	*Ginger juice or ginger powder*	*2 T.*	*Chopped green onion*
1 T.	*Cornstarch ”*	*5 T.*	*Oil*
1 T.	*Soysauce ”*		
2 T.	*Cold water ”*		
1 T.	*Oil ”*		
½ t.	*Meat tenderizer (optional)*		

Procedure:

1. Cut the beef into 1” square 1/8” thin slices (against the grain). Place the beef in the marinating sauce (combine the sugar, wine, ginger power, salt, cornstarch, soysauce, cold water and oil). Turn occasionally and marinate for at least 10 minutes.
2. Beat the eggs. Add ½ t. of salt and mix again.
3. Set a Chinese wok or frying pan over high heat about 20 seconds. Pour in 1½ C. of oil and heat for another 30 seconds. Add the beef and stir fry until the color turns light (about 10 seconds). Remove beef and drain off the oil from the pan. Mix beef with beaten eggs.
4. Heat another 5 T. of oil to stir fry the chopped green onion. Then pour all of the egg mixture in to the pan. Stir for a few seconds until the eggs are almost cooked.
5. Splash in 1 T. of oil around the edges of the pan. Serve hot.

BEEF **5**

Stewed Beef Western Style

Stewed Beef Western Style

洋 燒 牛 肉

Ingredients:

1 lb.	*Beef (brisket or short rib)*	*6 C.*	*Soup stock (beef)*
1 t.	*Wine or cooking shrry*	*1 C.*	*Tomoto paste*
½ t.	*salt*	*1 T.*	*Brown sugar*
1/6 t.	*Black pepper*	*3 T.*	*Green peas*
½ C.	*Flour*	*¼ t.*	*Black pepper*
4 T.	*Oil*	*1½ t.*	*Salt*
1 C.	*Onion (shredded)*	*1 Pc.*	*Carrot*
1 T.	*Garlic (chopped)*	*½ lb.*	*Potato*

Procedure:

1. Cut the beef into 1½" squares, marinate with salt, pepper and wine, then coat with some flour.
2. Heat oil in a frying pan and fry the beef until brown. Place in a stew pan.
3. Place shredded onion into the same frying pan, stir-fry with the remaining oil for about 5 minutes over low heat, add soup stock, sugar and tomato paste. Mix well, then pour into the stew pan. Stew with the beef over low heat until the beef is very soft.
4. Cut the carrot into finger size pieces, and cut the potatoes into ball shapes, add in to stew pan. Stew with beef for about a half an hour. Season with salt and pepper, add green peas. Serve.

* You may use fresh tomatoes instead of tomato paste.

Sauteed Beef with Dried Orange Peel

Pei Mei's
CHINESE
COOKING
CARDS

Sauted Beef with Dried Orange Peel

陳皮牛肉

Ingredients:

¾ lb.	*Beef*	*3 Pcs.*	*Dried orange peel (1"x1")*
5 T.	*Soysauce*	*1 Pc.*	*Star anise*
5 C.	*Oil (for deepfry)*	*3 T.*	*Soysauce*
3 Pcs.	*Green onion (4" long)*	*2 T.*	*Wine or cooking shrry*
3 Slices	*Ginger*	*½ T.*	*Sugar*

Procedure:

1. After cutting the beef into thin slices marinate with soysauce, and let stand for at least a half an hour.
2. Heat oil until very hot. Deep fry the sliced beef about 3 minutes until very dry.
3. Heat another 3 T. of oil to stir-fry green onion and ginger, when it smells good, add the soysauce, wine, sugar, star anise and orange peel. Bring to a boil, then add the beef. Stir fry until the sauce coats the beef. Remove to plate serve.

* This dish tastes better eaten cold.

BEEF 7

Steweed Beef with Brown Sauce

Stewed Beef with Brown Sauce

貴 妃 牛 腩

Ingredients:

1¼ lbs.	*Beef (brisket)*	*1 T.*	*Wine or cooking shrry*
3 T.	*Oil*	*4 T.*	*Soy sauce*
2 slices	*Ginger*	*2 T.*	*Sugar*
2 Pcs.	*Green onions (5" long)*	*5 C.*	*Soup stock (beef)*
1 T.	*Hot bean paste*	*2*	*Carrot*
½ T.	*Soybean paste*	*2*	*Star anise*
3 T.	*Tomato paste*		

Procedure:

1. Cook the whole piece of beef in 10 C. boiling water for a half hour, remove and cut into pieces 1" wide, 2" long, 1/3" thick. (Reserve the soup for later use).
2. Saute ginger and green onions in oil, add hot bean paste, soybean paste, and catsup. Season with wine, soy sauce, and sugar, then add the beef. Stir-fry over low heat for 3 minutes. Pour in 5C. soup stock remaining from No. 1 add the diamond-shaped carrots, and cook for 1 hour until tender.
3. Place carrots on platter, and place beef on top. If there is too much soup, cook over high heat until it thickens, (you may thicken with some cornstarch paste) then pour over the beef on the serving plate.

BEEF 8

Braised Beef with Hot Bean Sauce

Braised Beef with Hot Bean Sauce

魚 香 牛 腩

Ingredients:

1¼ lbs.	*Beef (brisket or short rib)*
1 Pc.	*Green onion (5" long)*
2 slices	*Ginger*
2 T.	*Oil*
½ T.	*Brown peppercorn*
4	*Green onions (1" long)*
2 slices	*Ginger*
1 T.	*Wine or cooking shrry*
3 T.	*White soy sauce*
1 t.	*Sugar*
2	*Carrots*
2 T.	*Oil*
1 T.	*Ginger (chopped)*
1 T.	*Garlic (chopped)*
1 T.	*Hot bean paste*
1 T.	*Sugar*
½ T.	*Vinegar*
½ T.	*Cornstarch*
2 T.	*Chopped green onion*
½ lb.	*Vegetable*

Procedure:

1. Clean the beef and cook it with green onions and ginger in 10 C. boiling water for 1 hour. Remove and let cool. Slice into pieces, (1" wide, 2" long, 1/6" thick) and arrange sliced beef in bowl.
2. Heat 2 T. oil in frying pan, fry peppercorn, green onions and ginger. Add wine, soy sauce, sugar, and 1 C. beef soup, cook for 2 minutes. Strain soup and pour into the bowl. Steam for 1 hour until beef is well done. (Cut carrots into diamond-shapes and fry for 1 minute, then place on beef, and steam together). Pour off the juice (save) and place on the platter by turning the bowl upside-down.
3. Heat 2 T. oil in frying pan, and stir-fry chopped ginger, chopped garlic and bean paste. Add steamed beef juice, sugar, and vinegar, then cook until boiled. Thicken with cornstarch, sprinkle with green onions, splash with 1 T. oil, pour the sauce on the beef and serve. Garnish with some stir-fried vegetables.

Stewed Beef in Casserole

Pei Mei's
CHINESE
COOKING
CARDS

Stewed Beef in Casserole

砂 鍋 牛 腩

Ingredients:

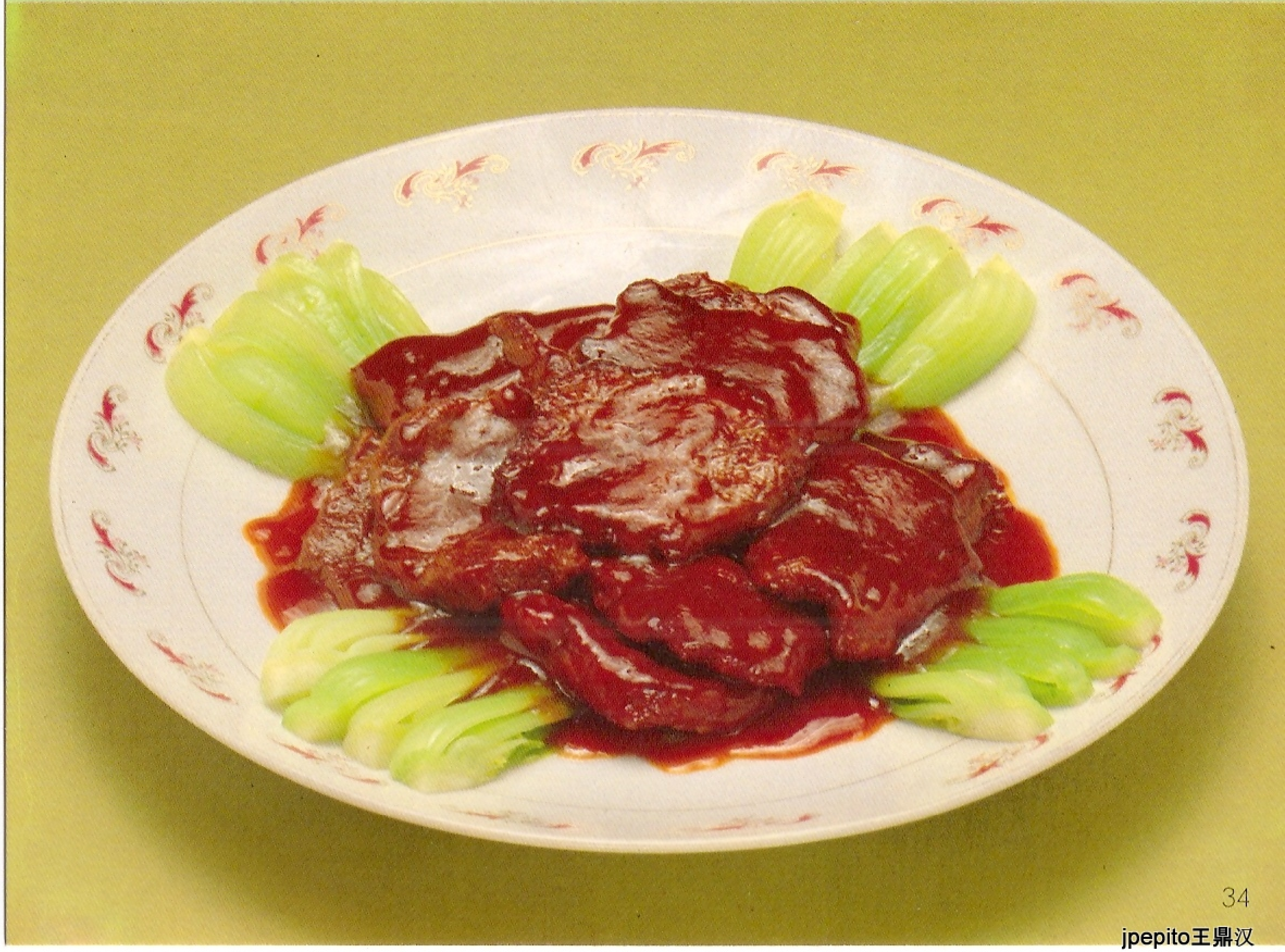
2 lbs.	*Beef (brisket or short rib)*	*1 C.*	*Soysauce*
10 C.	*Hot water*	*1 T.*	*Sugar*
3 T.	*Oil*	*2*	*Star anise*
4	*Garlic buds*	*1½ lbs.*	*Turnips (or Chinese cabbage)*
5 slices	*Ginger*	*2 T.*	*Oil*
6 T.	*Wine or cooking shrry*		

Procedure:

1. Cook whole piece of beef in 10 C. of boiling water for half an hour over low heat. Take it out and let it cool. Slice the beef into pieces 2½ inch long, 1 inch wide, 1/5 inch thick.
2. Heat 3 T. of oil in frying pan. Fry pounded garlic buds and 5 slices of ginger for a few seconds. Then add wine, soysauce, sugar, star anise and the cooked beef with beef soup. Cover the pan and bring to a boil. Reduce the heat. Stew for one and a half hours.
3. Slice the turnip into pieces about the same size as the beef. Place the turnip on the bottom of the casserole as a mat for the beef, then pour the beef (prepared in step. 2) over the turnips. Stew over low heat for ½ hour.
4. Heat 2 T. of oil in frying pan. Spatter the hot oil on the beef (it gives the beef a brilliance and will keep it warm as well) move the casserole onto table.

BEEF 10

Beef Steak Chinese Style



Beef Steak Chinese Style

中 式 牛 排

Ingredients:

1 lb.	*Beef tenderloin*	*1 t.*	*Salt*
2 T.	*Soysauce (to marinate beef)*	*2 T.*	*Tomato catsup (Seasoning sauce)*
3 T.	*Cornstarch* ”	*1 T.*	*Worcestershire* ”
½ C.	*Cold water* ”	*1 T.*	*Wine or cooking shrry*
1 t.	*Meat tenderizer* ”	*1 T.*	*Sugar* ”
½ t.	*Baking soda* ”	*½ t.*	*Salt* ”
3 T.	*Oil* ”	*5 T.*	*Cold water*
1 lb.	*Green cabbage (or Chinese broccoli)*	*½ T.*	*Cornstarch paste*
		3 C.	*Oil*

Procedure:

1. Cut beef against the grain into ½” thick 2½” square pieces. Place the beef in the marinating sauce. Turn the pieces occasionally so that every piece is thoroughly soaked with the sauce. Add cooking oil. Marinate for at least 4 hours.
2. Heat the oil. Deep fry the steaks until done, turn once. Remove the steaks. Drain the oil.
3. Heat 2 T. oil in same frying pan, pour in the seasoning sauce and bring to a boil. Stir in the cornstarch paste until thickened. Put the steaks into the sauce and mix well.
4. Arrange the steaks on a platter, pour the gravy over the steaks.
5. Boil the green cabbage in boiling water for about 1 minute, plunge into cold water and squeeze dry. Fry with 2 T. oil and season with salt, and ½ C. soup. After 2 minutes remove and drain dry, lay in platter around the beef.

BEEF 11

Shredded Beef with Green Pepper

Shredded Beef with Green Pepper

青椒牛肉絲

Ingredients:

8 oz.	*Tender loin beef*	*1*	*Bamboo shoot*
2 T.	*Soysauce (to marinate beef)*	*3*	*Green peppers*
1 T.	*Cold water ”*	*1 Pc.*	*Green onion (5” long)*
½ T.	*Wine or cooking shrry ”*	*3 slices*	*Ginger*
2 t.	*Cornstarch ”*	*½ t.*	*Sugar*
½ t.	*Salt ”*	*1 t.*	*Salt*
1 T.	*Oil ”*	*1 C.*	*Oil*

Procedure:

1. Shred beef about 1 inch in length, mix with soy sauce, wine, oil, cornstarch, salt and soak for 1 hour.
2. Clean green pepper, remove seeds and membrane, cut in halves and shred crosswise. Cut the bamboo shoot into shreds.
3. Cut green onion and ginger into 1 inch lengths shreds, heat oil in pan, fry beef and stir briskly over high heat about 10 seconds, drain out.
4. Heat another 3 T. oil in pan. Stir fry ginger and green onion, then add shredded bamboo shoot, and green pepper, add salt, sugar and stir well. Place beef back to pan and blend thoroughly. Serve.

BEEF 12

Shredded Beef Country Style

Shredded Beef Country Style

乾煸牛肉絲

Ingredients:

1 lb.	*Beef (round steak)*	*4 T.*	*Soysauce (to marinate beef)*
10 oz.	*Celery*	*1 T.*	*Wine or cooking shrry*
1	*Carrot*	*1 t.*	*Sugar* ”
3	*Red hot peppers*	*1½ t.*	*Ginger juice* ”
1 t.	*Salt*	*8 T.*	*Oil (for deepfry)*
1 t.	*Sesame oil*	*½ t.*	*Brown peppercorn powder*

Procedure:

1. After cutting the beef into string shape, put in a big bowl and marinate with soysauce, wine, sugar and ginger juice for 30 minutes at least, but not over 2 hours.
2. Remove the leaves and roots of celery and cut in one inch long pieces (if very large, cut stalks in half or in fourths first).
3. Peel carrots, remove seeds from red pepper, cut both into string shape.
4. Heat 5 T. oil in frying pan, stir-fry the beef about 10 minutes over high heat. When beef is very dark and dry remove to a bowl.
5. With another 3 T. oil fry the red pepper, then add carrots, after ½ minute add the celery and salt. Add beef, stirring until mixed. Sprinkle on brown peppercorn powder and sesame oil before serving.

* If you are in a hurry, deep fry the beef strings in smoking hot oil about 2 minutes instead of stir-frying for 10 minutes.

BEEF 13

Stir Fried Minced Beef

Stir Fried Minced Beef

生 炒 牛 肉 鬆

Ingredients:

¾ lb.	*Beef tenderloin or brisket*	*½ C.*	*Green peas*
1 T.	*Soysauce (to marinate beef)*	*1 T.*	*Soysauce*
½ t.	*Salt ”*	*½ T.*	*Wine or cooking shrry*
1 t.	*Cornstarch paste ”*	*1 t.*	*Cornstarch*
1	*Egg yolk ”*	*1 t.*	*Salt*
3 oz.	*Rice noodles*	*1 t.*	*Sesame oil*
1 C.	*Onion (chopped)*	*¼ t.*	*Black pepper*
½ C.	*Mushroom (chopped)*	*20 Pcs.*	*Lattuce leaves*
½ C.	*Carrot (chopped)*	*6 C.*	*Oil*
1 C.	*Water cheastnuts (chopped) or bamboo shot*		

Procedure:

1. Cut the beef into small cubes. marinate with soysauce, salt, egg yolk and cornstarch paste at least 20 minutes.
2. Heat oil until smoking hot and deep fry the rice noodles until puffed. Remove and put on plate. Crush noodles very finely after cooling.
3. Heat 3 T. of oil in a pan and stir-fry beef until dry (about 2 minutes). Remove.
4. Heat another 3 T. of oil, stir fry onion, mushroom, water chestnuts, carrots and green peas, then add the fried beef. Stir fry over high heat. Add the seasoning sauce and mix until thickened. Pour all over the fried noodles.
5. Serve with lettuce leaves (cut into 2½” round pieces), which will be used to wrap around the beef and noodle mixture.

BEEF **14**

Barbecued Beef

Pei Mei's
CHINESE
COOKING
CARDS

Barbecued Beef

香烤牛肉串

Ingredients:

¾ lb.	*Beef (tenderloin)*	*½ C.*	*Soysauce (seasoning sauce)*	
1	*Onion*	*1 T.*	*Sugar*	"
12 Pcs.	*Mushrooms*	*½ T.*	*Wine cooking shrry*	"
2	*Green pepper*	*½ T.*	*Sesame oil*	"
½ t.	*Salt*	*10 slices*	*Garlic*	"

Procedure:

1. Put all the seasoning sauce ingredients into a sauce pan, bring to a boil and turn off the heat. This is the basting sauce.
2. Cut the beef into 1½" squares and season with some salt and pepper.
3. Cut onion and green pepper into 1" squares.
4. Put one mushroom on a skewer, then put 1 piece of beef, green pepper and onion, repeat. Finally, put another piece of beef.
5. Roast the skewered beef for 10 minutes in the oven at 400°F. Rub on some of the sauce (#1) 3-4 times. After the beef is done, arrange on a plate.

* Chicken or pork can be used instead of beef.

Sliced Beef with Curry Sauce

Sliced Beef with Curry Sauce

咖哩牛肉片

Ingredients:

½ lb.	*Beef (flank steak)*	
1 T.	*Soysauce (to marinate beef)*	
½ T.	*Cornstarch*	”
1 t.	*Sugar*	
1 T.	*Cold water*	”
1 T.	*Oil*	”
5 T.	*Oil*	
1 C.	*Diced onion*	
1½ T.	*Curry powder*	
1 lb.	*Potatoes*	
20 slices	*Cooked Carrot*	
2 C.	*Boiling water*	
1½ t.	*Salt*	
1 t.	*Sugar*	
2 T.	*Oil*	

Procedure:

1. Cut the beef into 1” square thin slices (across the grain). Put in a bowl and marinate with soysauce, cornstarch, sugar, and cold water for half an hour at least (longer is better). Add 1 T. of oil and mix well.
2. Slice the potatoes into diagonal pieces.
3. Heat 3 T. of oil. Stir fry the onion. Add the curry powder, then carrot and potatoes. Stir fry ½ minute. Add 2 C. of boiling water. Season with salt and sugar. Cover the pan and reduce the heat to low and cook about 10 minutes.
4. Place all of the beef slices on top of the other ingredients. Cover and cook over high heat again for 10 seconds until the beef is done. Splash 2 T. of hot oil. Turn off the heat. Pour on a platter serve.

* You may deep fry the beef for 3 seconds and then mix with the curry sauce (#3).

BEEF 16

Steamed Beef Balls Canton Style

Steamed Beef Balls Canton Style

廣式牛肉丸

Ingredients:

¾ lb.	*Lean beef*	*2 T.*	*Oil*
2 oz.	*Pork fat*	*1 T.*	*Green onion (chopped)*
½ t.	*Baking soda*	*½ T.*	*Chinese parsley*
2 t.	*Sugar*	*1 t.*	*Orange peel (soaked and shredded)*
1 t.	*Salt*		
½ t.	*Black pepper*	*1 t.*	*Sesanme oil*
2 T.	*Cornstarch*	*10 Pcs.*	*Water cress*

Procedure:

1. Grind beef and pork fat together until very fine. Place into a large bowl and slowly add baking soda and 1/3 C. of cold water. Mix by hand in one direction until beef is thoroughly mixed.
2. Add sugar, salt, pepper and another 1/3 C. of cold water. Mix again until the beef is very sticky.
3. Add cornstarch, oil and sesame oil into the bowl. Mix well with hand; then take the beef in one hand and throw it back into the bowl. Repeat this action many times so that the beef mixture will be very sticky. Add the chopped green onion, parsley and orange peel. Place in refrigerator for about half an hour.
4. Boil the water cress in boiling water for 1 minute. Remove and plunge into cold water, then squeeze dry. Cut into pieces 2" long and place on plate.
5. Make beef mixture into balls (2" large) place on plate and steam for about 10 minutes. Serve.

BEEF 17

Stir-Fried Beef with Sa-De Sauce

Pei Mei's
CHINESE
COOKING
CARDS

Stir-Fried Beef with Sa-De Sauce

沙茶炒牛柳

Ingredients:

½ lb.	*Beef (tenderloin or flank steak)*	
1 T.	*Soysauce (to marnate beef)*	
1 T.	*Cornstarch*	”
½ t.	*Sugar*	”
2 t.	*Cold water*	”
10 slices	*Garlic*	
10 Pcs.	*Green onion (1” long)*	
½ lb.	*Green vegetable*	
1/3 t.	*Salt*	
2 C.	*Oil (for deepfry)*	
2 T.	*Sa-de sauce (seasoning sauce)*	
1 T.	*Cold water*	”
½ t.	*Sugar*	”
1 t.	*Cornstarch*	”
1 t.	*Sesame oil*	”

Procedure:

1. Cut the beef into slices 1½” square (against the grain). Combine the soysauce, cornstarch, sugar and cold water in a bowl, place the beef in bowl and marinate for at least a half an hour.
2. Stir fry the green vegetable with 3 T. of heated oil and season with salt. Remove to plate.
3. Set a pan over high heat for about 15 seconds, pour in 2 C. of oil and heat the oil to 340°F. Add the beef and stir-fry until the color turns light (about 10 seconds). Remove beef and drain off the oil from the pan.
4. Heat 3 T. of oil to stir-fry garlic and green onion, then add beef and seasoning sauce. Stir quickly over high heat until mixed. Pour over the vegetable. Serve.

BEEF 18

Dried Spicy Beef Slices

Dried Spicy Beef Slices

五 香 牛 肉 乾

Ingredients:

2 lbs.	*Beef (brisket or flank steak)*	*1 T.*	*Brown pepper corn*
4	*Green onion (3" long)*	*6 T.*	*Soysauce*
2 slice	*Ginger*	*2 T.*	*Wine or cooking shrry*
3 Pcs.	*Star anise*	*1 T.*	*Sugar*
1 Pc.	*Cinnamon (¼"x¼")*	*½ t.*	*Red hot pepper powder*
2 Pcs.	*Dried orange peel (½"x½")*		

Procedure:

1. Cut the beef into 3 large pieces. Cook in 10 C. of cold water for about 1 hour. After cool, cut into thin slices about 2½" long and 1 inch wide.
2. Put 2 C. of beef soup (remaining from #1) in a pan. Add all the spices and condiments. Boil over low heat for about 5 minutes until the soup is reduced to 1 C. Remove all spices from soup.
3. Add the sliced beef into the pan, stir-fry with the soup until the soup is gone.
4. Put the beef onto a baking sheet, place in the oven and roast the beef for 2 hours at 300°F until very dry.

* This dish can keep for several days.

BEEF **19**

Oxtail Stew Chinese Style

jpepito王鼎汉

Pei Mei's
CHINESE
COOKING
CARDS

Oxtail Stew Chinese Style

紅 燴 牛 尾

Ingredients:

1	*Oxtail (about 2 lbs.)*	*½ C.*	*Sliced carrot*
3 C.	*Tomatoes (cut into cubes)*	*3 T.*	*Soysauce (dark)*
6 C.	*Cold water*	*2 T.*	*Sugar*
1 T.	*Wine or cooking shrry*	*3 T.*	*Catsup*
3 T.	*Oil*	*1 t.*	*Salt*
1 C.	*Diced onion*		

Procedure:

1. Soak the ox-tail in boiling water for 5 minutes. Then brush and clean it. Cut the ox-tail into sections according to its cartilage. Put the sections in a pan. Add 1 C. of tomatoes, 6 C. of water (enough to cover the ox-tail) and 1 T. of wine. Cover and stew for about 3 hours over low heat until tender.
2. Heat 3 T. of oil in a frying pan. Fry the onion cubes until soft. Then add the carrot and 2 C. of tomato cubes. Stir fry a few minutes. Add 1 C. of beef soup (from No. 1), soy-sauce, sugar and catsup. Stew over low heat until the carrots are soft.
3. Pour No. 2 stewed vegetables into No. 1 pan. Stew together over low heat about 10 minutes. Thicken with some cornstarch paste, and stir until thoroughly mixed. Remove to a platter and serve.

BEEF 20

Beef Tendon with Chill Sauce

Beef Tendon with Chili Sauce

麻 辣 牛 筋

Ingredients:

1 lb.	*Beef tendon*	*1 T.*	*Chopped garlic (seasoning sauce)*
2 Pcs.	*Geen onion (3" long)*	*½ t.*	*Brown pepper corn powder* "
3 slices	*Ginger*	*2 T.*	*Green onion* "
1 Pc.	*Star anise*	*2 T.*	*Vinegar* "
2 T.	*Wine or cooking shrry*	*2 T.*	*Soysauce* "
3 T.	*Soysauce*	*½ t.*	*Red hot pepper powder* "
4 oz.	*Green vegetable*	*1 T.*	*Red hot pepper oil* "
		1 T.	*Sesame oil* "

Procedure:

1. Boil beef tendon in boiling water for about 1 minute. Remove and clean and rinse in cold water.
2. Heat 1 T. oil to stir fry green onion and ginger. Add wine, soysance, beef tendon, and 6 C. of boiling water. Cook for about 2 hours until beef tendon is soft.
3. Cut beef tendon into pieces 1½" long (little finger size).
4. Mix all seasoning sauce ingredients in a bowl thoroughly. Place beef tendon in bowl, and mix again until coated.
5. Stir fry the vegetable over high heat, then season with salt and place on the bottom of the plate. Then arrange beef tendon, pouring the sauce over it. Serve.

BEEF 21

Stir-Fried Beef Tripe Home Style

Stir-Fried Beef Tripe Home Style

家常牛肚絲

Ingredients:

1 lb.	*Beef tripe*
2 Pcs.	*Green onion (5" long)*
2 slices	*Ginger*
2 T.	*Wine or cooking shrry*
6 oz.	*Celery*
3 Pcs.	*Red hot pepper*
1 T.	*Ginger (shredded)*
3 T.	*Oil*

1½ T.	*Soysauce (sessoning sauce)*	
1/3 t.	*Salt*	"
½ T.	*Vinegar*	"
½ T.	*Sesame oil*	"
1 t.	*Cornstarch*	"
1 T.	*Cold water*	"
½ T.	*Wine or cooking shrry*	"

Procedure:

1. After clean the whole piece of tripe rinse for 1 minute with boiling water.
2. Cook the tripe with green onion, ginger, wine and 6 C. of water for about 1 hour. Remove and cut into fine shreds 2" long.
3. Cut the celery into pieces 1" long, also cut the red hot pepper into 1" long shreds.
4. Heat oil in pan, stir fry ginger, red hot pepper, and then add shredded tripe. Pour in seasoning sauce and stir-fry quickly over high heat until thoroughly heated. Serve immediately.

* Some shredded bamboo shoots may be added.

BEEF **22**

Quick Stir Fried Beef Tripe

Pei Mei's
CHINESE
COOKING
CARDS

# Quick Stir-Fried Beef Tripe

爆炒牛百頁

Ingredients:

2/3 lb.	*Beef tripe*	*½ T.*	*Wine (seasoning)*
4 oz.	*Bean sprouts*	*½ T.*	*Soysauce "*
½ C.	*Fresh green garlic or leek*	*½ T.*	*Vinegar "*
3 Pcs.	*Red hot pepper*	*½ T.*	*Salt "*
1 t.	*Baking soda*	*1 t.*	*Sesame oil "*
3 C.	*Hot water*		

Procedure:

1. After cleaning, cut the beef tripe into shreds. Dissolve baking soda and hot water in a bowl and soak the beef tripe for about half an hour. Remove and rinse in cold water many times until the bad smell is gone.
2. Boil the beef tripe into boiling water for about 3 seconds, remove and plunge into cold water.
3. Heat 5 T. of oil, stir-fry garlic, bean sprouts, shredded red hot pepper, fresh green garlic, and beef tripe. After 10 seconds add seasoning sauce and stir quickly until very thoroughly heated. Serve and eat immediately.

Jellied Stewed Mutton

Jelled Stewed Mutton

羊　　羔

Ingredients:

1 lb.	*Mutton (leg)*	*2 t.*	*Sugar*
½ lb.	*Turnip*	*½ t.*	*Salt*
2 pcs.	*Green onion*	*½ t.*	*Brown food coloring*
3 slice	*Ginger*	*3 T.*	*Unfavored gelatin*
3 pcs.	*Garlic*	*1 T.*	*Green garlic (shredded)*
2 pcs.	*Star anise*	*1 T.*	*Young ginger (shredded)*
2 T.	*Wine or cooking shrry*	*1 T.*	*Chinese parsley (shredded)*
4 T.	*Soysauce*	*1 T.*	*Sweet soy bean paste*

Procedure:

1. Place the whole mutton in a deep pot, add 6 C. boiling water, boil about 1 minute, remove mutton and rinse with cold water. Put mutton back to pot add turnip, green onion ginger, garlic. star anise, wine and 8 C. of boiling water. Cook about 1 hour over low heat. Remove and discard the turnip, then add soysauce, sugar, salt and food coloring. Continue to stew for 10 more minutes. (until the soup reduced to 1½ C.)
2. Remove mutton and let cold. Tear with fingers into, shreds, lay the mutton shreds on the bottom of a mold.
3. Dissolve gelatin in ½ C. cold water about 5 minutes, add to stew pot and mix thoroughly. Strain the soup into mutton mold. Place in refrigerator for at least 3 hour until firm.
4. Remove from mold and cut nito 1" wide 2" long ¼" thick pieces. Serve with green garlic, ginger, parsley and sweet soy bean paste.

Stewed Mutton in Pot

Stewed Mutton in Pot

羊肉火鍋

Ingredients:

¾	*Mutton (tenderloin lumb)*
2 Pcs.	*Green onion (5" long)*
6 Pcs.	*Garlic*
½ lb.	*turnips*
1	*Carrot*
2 T.	*Wine or cooking sherry*
4 T.	*Soysauce*
1 t.	*Salt*
½ t.	*Sugar*
1/6 t.	*Black pepper*
½ lb.	*Chinese cabbage or spinach*
2 Pcs.	*Bean curd*
2 T.	*Chinese parsley*
2 T.	*Hot red pepper (chopped)*
2 T.	*Green garlic or green onion*

Procedure:

1. Place the whole piece of mutton in a pan, add 10 C. of cold water, green onion, garlic, star anise, turnips and carrots. Boil for about 1 hour. Remove and soak the mutton with soysauce about ½ hour. Deep fry the mutton until golden brown.
2. Remove the turnips and carrots from the pan. Then add mutton and condiments (wine, soysance, salt, sugar and black pepper. Boil for about 30 minutes. Remove the mutton (reserve this soup for later use).
3. Cut the mutton into slices 3" long and ¼" thick. Place cooked cabbage and bean curd on the buttom of a sauce pot, then arrange the mutton on top, sprinkle hot red pepper, Chinese parsley and garlic on top.
4. Reheat the sauce (#2) and thicken with cornstarch paste. Pour all sauce into the mutton pot. Move the pot onto the table, and keep warm with small fondue burner or sterno heater. Help youself when boiling.

* Beef or pork may be substituted for mutton.

INDEX OF RECIPES

1. 蠔油牛肉	Beef with Oyster Sauce
2. 紅燒牛肉	Baised Beef with Brown Sauce
3. 葱爆牛肉	Quick Fried Beef with Scallion
4. 滑蛋牛肉	Sliced Beef with Scrambled Eggs
5. 洋燒牛肉	Steweed Beef Western Style
6. 陳皮牛肉	Sauteed Beef with Dried Orange peel
7. 貴妃牛腩	Steweed Beef with Brown Sauce
8. 魚香牛腩	Braised Beef with Hot Bean Sauce
9. 砂鍋牛腩	Stewed Beef in Casserole
10. 中式牛排	Beef Steak Chinese Style
11. 青椒牛肉絲	Shredded Beef with Green pepper
12. 乾煸牛肉絲	Shredded Beef Country Style
13. 牛炒牛肉鬆	Stir Fried Minced Beef
14. 香烤牛肉串	Barbecued Beef
15. 咖哩牛肉片	Sliced Beef with Curry Sauce
16. 廣式牛肉丸	Stamed Beef Pall Canton Style
17. 沙茶炒牛柳	Stir fried Beef with Sa-De Sauce
18. 五香牛肉乾	Dried Spicy Beef Slices
19. 紅燴牛尾	Oxtail Stew Chinese Style
20. 麻辣牛筋	Beef Tendon with Chill Sauce
21. 家常牛肚絲	Stir - fried Beef Trips Home Style
22. 爆炒牛百頁	Quick Stir - fried Beef Tripe
23. 羊羔	Jellied Stewed Mutton
24. 羊肉火鍋	Stewed Mutton in Poi

PEI MEI'S
CHINESE COOKING CARDS

BEEF

Pei Mei's Cooking Cards are classified into: Chicken, Duck, Pork, Beef, Fish, Soup, Seafood, Bean curd. & Eggs Vegetable, Vegetarian dishes.

Written By: FU PEI MEI

General Agency:
T & S Industrial Co. LtD
P.O.BOX 1-66, Taipei, Taiwan
R.O.C.